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Carmel Valley Sun

December 1982

Street Lights Scheduled For LAFCO Hearing

Street lights are the latest controversy engulfing Carmel Valley.

On one hand there are businessmen that want to install street lights in the Village to reduce crime and protect pedestrians; On the other hand are residents who don't want the village to loose it's charm to glaring lights.

All will have a chance to state their views at a hearing scheduled January 25, by the Local Agency Formation Commission. The hearing is for the formation of an assessment district - County Service Area 70 - which will help finance the installation of the lights.

The lighting project was proposed by the Carmel Valley Village Improvement Committee, a group of businessmen seeking to improve conditions in the Village area. It was felt street lights would help eliminate vandalism, loitering and other crimes that have plagued the business area as well as provide safety for pedestrians. The 43 lights will be located along Carmel Valley Road between Pilot Road and Via Contenta; some will also be placed on Del Fino.

The businessmen could not provide the funds for the project and submitted the request for a CSA to LAFCO. According to Roger Williams, Chairman of the CVVIC, funds for the Community Center, Little League, pedestrian pathways, parking areas, and additional security could be added benefits if CSA-70 is approved.

The proposed boundaries for CSA-70 is the current Carmel Valley Fire Prevention District. If approved the over 1700 property owners within the district will pay an annual fee of $5.80. If the assessment boundaries are trimmed, the annual fee could be higher.

Residents who oppose the street lights direct their objections to the added glow from the additional lights which will be placed on 15' standards. Peter Coakley, who headed the CVVIC lighting sub-committee, said 15' standards were necessary to avoid vandalism which is already prevalent in the Village. He added the new lights were specifically designed to minimize the upward glare that is typical to the sodium vapor lights already spotting the area. Some of the existing vapor lights will be removed and replaced with the new lights.

Williams said lightning the Village is inevitable. Extra costs could be avoided if installation is coordinated with the undergrounding of utility cables scheduled to begin soon.

There has been no recommendation from LAFCO as yet. Executive Director Michael Johnson said there were a number of issues to be considered before he could recommend any action to the Commission.

The concept of the CSA has been discussed for several years. It has been within the last year that the CVVIC took steps to have the CSA implemented.

Small Business Assistance Program Opened

The Monterey County Private Industry Council announced the opening of the Small Business Assistance Program office at 1600 La Salle Avenue in Seaside.

The MCPIC felt the best way to create jobs is to help create healthy and vigorous businesses said Program director Mike McFadden. To do this the SBAP will provide educational and consulting assistance in the form of reimbursements.

Applicants can get reimbursed for business related college courses, workshops sponsored by the Chamber of Commerce or other educational institutions, and up to 50 per cent of consultant and requirements of the program to any interested businessmen, groups, or organizations at their site.

"The educational assistance is gravy," said McFaden. The reimbursements for consultants can help business make the right decisions about expanding or financing he added. Sometimes a second opinion can get a business out of a slump.

McFadden said it's a great opportunity for small businesses. All it takes is filling out an application. There is no fee involved. Applications are reviewed by an advisory committee. Serving on the committee are Chairman Peggy Fortuine - Wells Fargo Bank in Salinas; Mike Boggeatto - Boggeatto Packing Co., Castroville; Ed Watson - King City; Andy Yoshiyama - First Interstate Bank, Seaside; Dan Willis - Dean of Golden Gate University, Monterey; and Fred Smith - Director of Finance and Administrative Service for the City of Seaside.

For more information contact Mike McFadden at 899-5500 or 375-7762.

Hidden Valley Sponsors New Year's Gala

The Seventh Annual Hidden Valley New Year's Gala and Silent Auction will be held December 31 at the Hidden Valley Theatre on Carmel Valley Road.

The evening includes a full buffet dinner with wine and champagne. A no-host bar and entertainment by the Opera Ensemble are also available.

A Silent Auction is held in conjunction with the New Year's Gala to raise funds for Hidden Valley. Visitors can bid on many unique items.

Hidden Valley Director Peter Mekel promised good food and good fun. Tickets are $75. per couple.

For more information call 659-3115.

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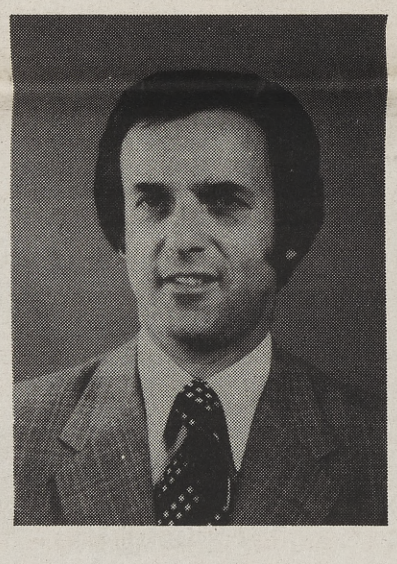

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The Carmel Valley Sun

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The Carmel Valley Sun is a monthly publication with a circulation of 4,000. Items for publication should be submitted by the second ... The "Sun" is mailed to all 92924 postal patrons. Those out of the mailing $10.00 to Carmel Valley Sun, P.O. Box 744, Carmel Valley, CA 93924

Chamber President Dick Krueger (1) presented John Tobias (r) as the new Executive Director for the Chamber of Commerce.

New Chamber To Be Introduced To The Valley

With attractive new services to offer, the Chamber of Commerce plans an extensive membership drive that will begin in January.

The new services are being directed exclusively to the needs of Carmel Valley businesses. They include a visitors information center, workshops, seminars, bad check alert, newsletters, membership directory, consultant services, and prospective members are discounts within the membership, insurance, shop at home promotions, community service, and fun socials.

All the services will be coordinated by a full time paid director. At a recent Chamber mixer, Chamber President Dick Krueger announced John Tobias would fill the position. Tobias served the Chamber as a past president and has been a board director for 7 years. He has been a Carmel Valley businessman for many years.

The directors office will be located in the Visitor Information Center located in the Carmel Rancho Shopping Center office building. It is presently being remodeled and with completion scheduled for January.

A new name goes along with the new services. The group will now be called the Chamber of Commerce - Serving Greater Carmel/-Carmel Valley. Board members felt the new name would better clarify the Carmel Valley Chamber of Commerce.

"We all recognize ourselves as one continuous marketing area," said Krueger, "but many of the businesses within our boundaries identify with Carmel and have Carmel addresses."

Over 600+ businesses are operating withing the Chamber boundaries (Highway 1 to Cachagua); only 175 are presently members. It was the low membership that prompted re-evaluating the Chamber services.

The changes in services were the results of months of research. Krueger reported they (the Board) took ideas from key business people in the major shopping areas and other Chambers of Commerce.

A new rate structure was constructed to facilitate a full time director and other changes. For most businesses the annual membership fee is $75; financial institutions are utilities fees are $100. Associate memberships are available for $40 while the non-profit organizations can join for $50. Hotels and Motels have a per room rate. Some fees still need to be negotiated.

Anyone interested in the new services can contact Krueger at 625-1200 or Kathi McCrary at 659-4000.

Crosby Youth Fund Gives Grant To Little League

Bing Crosby Youth Fund Board of Trustees announced a grant was awarded to the Carmel Valley Little League.

The grant for $3000 was presented the first part of December to the League President Jim Shakal. The funds were requested to help finish the sprinkler system in the second ball field, which has been under construction for the past three years.

This doesn't mean we don't need help after the first of the year to get the fields in shape for the season, said Shakal. There are work parties most every weekend for anyone that would like to help get the project completed.

The grant gives the Little League a brighter beginning for the New Year. Speaking for the Board, Shakal hoped everyone's New Year would be brighter too.

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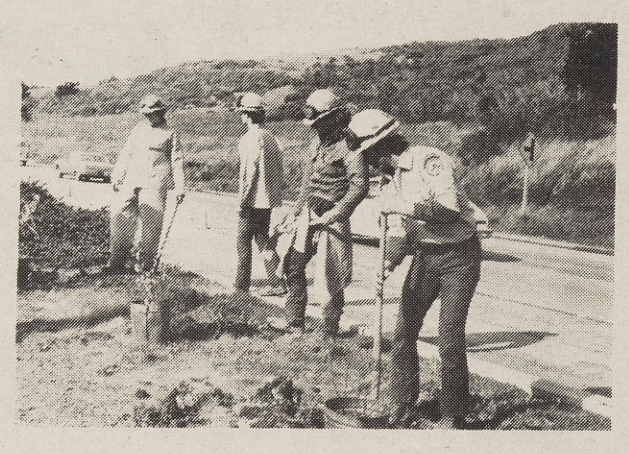

The California Conservation Corps was called on to help with the Road Beautification Project initiated by the Carmel Valley Property Owners Association.

Alice Mehdy (center) was on hand to oversee the work as the California Conservation Corps did the replanting in the median strips at the mouth of the Valley.

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Community Supports Cleanup Project

Community support made it possible to cleanup 1½ miles of median strips on Carmel Valley Road at the mouth of the Valley.

The cleanup project was initiated by Karin-Strasser Kauffman and the Carmel Valley Property Owner's Association. It's purpose was to replant the median strips with native plants.

California Conservation Corp workers completed the replanting in early Dec. Over $3000 in plants were needed. The County was asked to do the work, but had no funds for replanting or maintenance.

"I drive by slowly every day now to see how they're growing," said Mrs. Strasser Kauffman.

Funds for the project were provided by Comunity donations. Over $6000 was collected. Residents from all over the Valley made contributions ranging from $2 to $500. CVPOA Board members voted up to $1000 to match contributions.

"There was some real community participation," said Mrs. Strasser- Kauffman.

She reported Earl and Lois Moser collected donations in their development and raised a few thousand dollars. Herb Holbrook and George Van Way roused support from Del Mesa residents. Barbara Olsen took on the Tierra Grande Hills and got good support. Don Higgins approached Carmel Views property owners successfully. Chamber of Commerce and Kiwanis members were also very responsive.

Like contributions also aided the project. The Mid Valley Merchants Association sent the CCC workers to the movies. Nick Lombardo let the plants, which had to be taken in bulk, be stored at Rancho Canada. Cal Am offered their heavy equipment.

"Even the county was very cooperative," reported Mrs. Strasser-Kauffman. They worked to prepare the place for planting, did extra digging necessary, and provided protection for the workers. They also promised to provide watering when necessary.

"It was good cooperation from a government out of funds," stated Mrs. Strasser-Kauffman.

On the project from the beginning was Alice Mehdy. Mehdy, a landscape designer drew the plans for the project. She also supervised the planting and was on the job long after CCC workers left.

The installation of native plants will minimize maintenance requirements. When the median strips were originally landscaped, imported plants were used. They required constant maintenance which the County could not provide. Mrs. Strasser-Kauffman said a committee is in the process of being formed to handle any maintenance that will be required.

Remaining contributions will begin the start of maintenance funds. Mrs. Strasser-Kauffman said more funds will probably be solicited in spring after costs are investigated.

Blood Pressure Clinics At Mid Valley

Monterey Peninsula Visiting Nurses Association representative Joanne Cupp has been at the Mid Valley Fire Station taking blood pressure readings, as she did here for Charlotte Lane.

Free blood pressure checks are available every Wednesday from 2-4 p.m. at the Mid Valley Fire Station on Carmel Valley Rd.

The clinics, run by the Monterey Visiting Nurses Association, are for identifying people who may have high blood pressure and don't know it. It also provides a service for people who are seeing a doctor and want to monitor their blood pressure between visits.

This is the first time the clinic has been offered in Mid Valley. Every Tuesday 2-4 p.m. the VNA hosts the clinic at their office at 187 Eldorado Street in Monterey. Seaside also hosts the clinics every Thursday, 2-4 p.m. at Juan Cabrillo School.

Another part of the VNA blood pressure awareness efforts is an educational program, "Maintaining Normal Blood Pressure and Way of Preventing High Blood Pressure," is the title of the first talk scheduled January 25 at 1 p.m.

For more information on Clinics or lectures call 375-9537.

Forest Theater Guild Announces Summer 1983 Outdoor Production Dates

At a meeting of Forest Theater Guild Board members held December 6, plans for the 1983 summer theater productions were discussed. Dates for the auditions were decided as were the dates for the actual plays.

Newly elected Board President Hamish Tyler presented the pros and cons of possible shows to be produced. It was the unanimous decision that the play, **Lion In Winter** will be presented in 15 performances starting on the 23rd of June to run every Thursday, Friday, and Saturday until the 23rd of July. That weekend the theater will be dark and on August 4 **Tom Jones** will be presented to peninsula audiences for the first time. "Jones" will be shown through the month of August and will close on September 3.

Auditions for both plays will be held at the Outdoor Forest Theater in Carmel on Mountain View and Santa Rita Streets, in March —The "Lion" will have afternoon auditions on the 12th and 13th with callbacks slated for evenings of the 14th and 15th. Auditions for **Tom Jones**, which will require a large cast, will be held in the afternoon of the 26th and 27th, callbacks, will be the evening of the 28th and 29th. Further information will be published at a later date.

Other Guild Board Officers include: Alicia O'Neill, Secretary; Lance H. Jacobson, Vice President; Patricia E. Norman, Treasurer; and Board Members Include: Barbara Barron, John Brady, Wendy Buck, C. Elizabeth Fowlston, Lee Harbick, Diana Hardy, lg Heniford, Ken Hicks, Alan McEwen, Philip A. Oberg, Margaret Parkhurst, Susan Resendez, Jean D. Snow, Dolph Tewes, Cole Weston, Ramie Wikdahl, Ramon Wilson, and serving as exofficio, Richard Tyler.

The Forest Theater was the first open air community theater built in California. The theater opened in July, 1910 with world premiere of **David**, written by Constance L. Skinner. Plays were given every summer until 1935, when the Forest Theater was deeded to the City of Carmel so it could be rebuilt by the **WPA.** Plays were again presented until 1942, then, except for an occasional performance, was not used for several years. In 1954 the Forest Theater Guild was reorganized and presented a series of production. On November 7, 1941, the reactivated Forest Theater Guild presented Dame Judith Anderson in a powerful reading from Robinson Jeffers' **Medea** and **The Tower Beyond Tragedy** as a Guild benefit.

Guild membership is open to the public and those interested in "furthering the good" in theater. According to President Hamish Tyler, "we want every theatergoer and potential actor to realize that this theater is for all who whis to join us and keep it alive."

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CVPOA Meeting Mostly Information

Not much action was taken at the regular meeting of the Carmel Valley Property Owner's Association meeting held December 8. thre things presented at the meeting were street lights. Hatton Canyon, and the general meeting.

The on-going topic of street lights was updated at the meeting. Earlier complaints on the number and brightness of street lights going up around the valley prompted a look into the subject.

The street light discussion provided an opprtunity for the Carmel Valley Village Improvement Committee to introduce their proposed street lighting project for the Village business district. CVVIC Chairman Roger Williams and Committee head Peter Coakley were spokesmen for the lighting project. Though the board was favorably impressed by their presentation no action was taken.

Plans were discussed for a general meeting scheduled for 7:30 p.m. February 2, at the Crossrods Community Room. The tentaive program will present officials from a variety of governing agencies. They will be presenting their viewpoints and will answer questions, both written and oral.

The general meeting will also introduce the newly elected CVPOA Directors. Votes for the directors were not counted until late Dec.

CVPOA President, Dick Dalsemver reported that over 50 per cent of the Hatton Canyon questionaires have been returned. Those will be tabulated in early January.

Regular Meeting Scheduled For Women's Network

The monthly business meeting of the Professional Women's Network of the Monterey Peninsula will take place on Tuesday, January 25, 1983, at 7 P.M. in the Community Room at the Crossroads, Carmel. Members of The Network will be admitted free; others will be required to pay $3.00 to be admitted.

New members of the Professional Women's Network are: Leslie Bavor, a teacher at Ord Terrace; Marge Bennett, Defense Language Institute; Velta Eva Birin, a landscape gardener; Debbie Carter, in business management with Interim, Inc.; Marly Davis, a realtor; Susan DuMond, a systems consultant; Peggy Hansen, a resources coordinator with Planned Parenthood; Dr. Barbara Hirsh, a podiatrist; Lynn L. Hoefert, a botanist; Ramona Leone, artist; Mary E. Lowman, project consultant for Jet-Set International; June Y. Schwartz, M.A., breath coach, teacher and counsellor; Leslie Simon, retired; Camille G. Sweeney, print and book dealer; and Martha Whitehorn, who does cabinet work and light carpentry. There are now sisty members of the Professional Women's Network of the Monterey Peninsula. Membership is open to any woman who would enjoy networking with other women.

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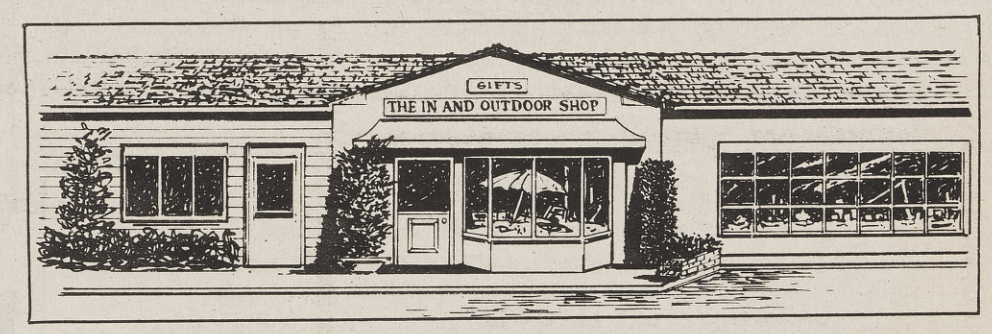

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Luncheon Meeting Planned For PWN

Cathy Cloud, owner/operator of Cloud Leasing, Carmel, will be the guest speaker at a special meeting of the Professional Women's Network of the Monterey Peninsula on Tuesday, January 11, 1983, at the Community Room in The Crossroads. The meeting will be at 12:00 Noon. Admission for non-members is $3.00 per person.

Ms. Cloud's topic will be "Does It Make More Sense to Lease or Buy a Car?"

A recent arrival from the Bay Area, Ms. Cloud has assumed the operation of her retired father's automobile leasing business. She has had extensive experience in automotive consulting and sales.

She is a graduate of the University of Hawaii, and has done graduate work at Stanford. Ms. Cloud is a member of the Board of Directors of the Professional Women's Network and serves on The Network's Marketing and Newsletter teams.

Crisler Scheduled At Chapel Guild Meeting

Well known author Cobbey Crisler is the scheduled speaker at the Carmel Valley Comminty Chapel Guild meeting on January 12, 12:30 p.m., in the Fellowship Hall.

Crisler's program will be a talk and slide show of places visited by the Apostle Paul on his trip to Rome. Crisler, a Biblical scholar, is the author of **Fishers of Men, The Way Of The Apostles**, and may other books.

The afternoon includes a pot luck luncheon. Visitors are encouraged but are asked to bring table service.

Preschoolers Turn Actors In Christmas Program

Families were entertained by a delightful cast at the Carmel Valley Community Chapel Preschool Christmas Program held Dec. 15.

The preschoolers, under the direction of Linda Ingram, acted out the story of Jesus' birth. Cast members included Marie Lys Soubrier and Paul Schegel as Mary and Joseph; David Fleischer, Benjamin Snow and Andrew Waumett as shepherds; Brandon Ingram, Jeremiah Hansens and Spencer Haines as wise men; Rachel Hand played Baby Jesus (Rachel was said to have stolen the show by including her cowboy boots in her costume); Olmy De Lisi, Kristin De Maria, Becka Green, Sara Mairrana and Crystal Miller were angels.

Singing completed the preschoolers performance with music provided by Robert Moore and Patty Walters on violin, and Shirley De Lisi on piano.

A Tale With A Moral

Mary had a little cold, but wouldn't stay at home,
And every where that Mary went, the cold was sure to roam.
It wondered into Molly's eyes, and filled them full of tears;
It jumped from there to Bobby's nose, and thence to Jimmy's ears.
It painted Anna's throat bright red, and swelled poor Jennie's head,
Dora had a fever, and a cough put Jack to bed.
The moral of this little tale is very quickly said—
Mary could have saved great pain with just one day in bed.!

Reducing

Doctor handing bottle of pills to a paunchy patient: "You don't eat them. Just spill them on the floor three times a day and pick them up one at a time.

New Year's Resolutions

In case you forget to make your New Year's resolutions on the first of the year, it's never to late. Start compiling them any time, and do your resolving on any of the following New Year's days; Chinese - February 18; Persian - March 21; Siamese - April 1; Mohmmeden - April 9; Alexandrine - August 29.

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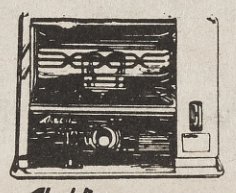

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GRINDSTONE NOTES

by Larry Warcken

Scissors

Scissors should be professionally sharpened and that is all I'm going to say about sharpening scissors. However, for those of you that can't resist wondering how I'm going to fill up the rest of the space, stick around and you'll learn how to choose a pair of scissors, which kind are best for what, and some care and maintenance.

Since "scissors" covers a broad catagory, such as picking shears, barbers shears, carpet siccors, dressmakers scissors, skalloping shears, speed cutters, thread scissors, embroidery scissors as well as general kitchen and household scissors it's wise to decide which type you have. If you're like my wife you've probably got one or two pair of dressmakers shears that you use for everything from cutting paper to fabric.

If you don't have a pair of scissors, but are going to buy one, here are some things to consider. There is no such thing as the "perfect scissor". One pair of scissors will work well for general work but not so well for the finer stuff. The first thing to do then, is to decide what you'll be doing with the scissors (a poultry scissors will not work well for sewing). If you're sewing most of the time, then sewing scissors are probably what you'll need. If you're a carpet layer, then you want upholstery shears. "Use" is the first thing to consider, what will they be used for?

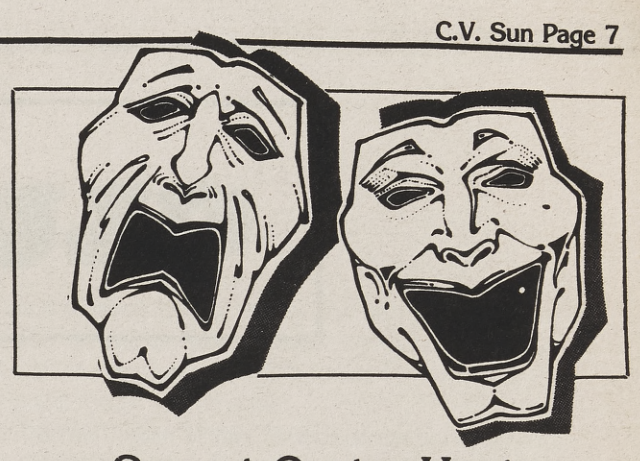
The second thing you need to know is whether you are left or right handed. If you aren't sure, ask someone who knows you well. (Yes, ther is a difference and scissor-makers are aware of this).

The third thing to consider when buying a pair of scissors is the price. I believe a pair of scissors should last a lifetime, so I don't mind paying a little more for the better quality scissors. You should buy the best your budget can afford but it is wise to realize that price and quality are usually synonymous in scissors.

Where you go to buy your scissors is just as important as how much you pay. A hardware store sells to the general public so they stock the average to lower priced scissors which usually equate to lesser quality. (Upon request they can usually order you what you need). Fabric stores have higher quality, higher prices and fit a specific need. A cutlery store is your best bet, they have everything for everyone at every price.

Finally, for those of you who thought this would never end, some care and maintenance. There are just two things you need to know about scissors. First, they must be sharp to work properly and second, they must be kept clean. If you're using the right scissors for the job at hand, and they're sharp and clean, you will experience the "scissor high".

Any questions or information concerning sharpening write: Grindstone Sharpening, Rt. 2 Box 888, Carmel, CA 93923.



Sunset Center Hosts Western Film Festival

Ten of Americas most renowned Western films are being featured during the Great American Western Film Festival at the Sunset Center Theatre on San Carlos in Carmel.

Scheduled for January 11, at 8 p.m. is the 1953 Classic **Shane** starring Alan Ladd, Van Heflin, Jean Authur and Jack Palance. Admission is $2.00

The film festival is part of the Sunset Center's continuing efforts of encouraging participation in and appreciation for film arts.

The Chinese Magic Circus performs seemingly impossible feats with precision and grace.

Chinese Margic Circus Returns to Sunset Center.

In a return engagement the Chinese Magic Circus of Tawain will be performing their stunning acrobatics on January 11 at 8 p.m. at the Sunset Theatre on San Carlos in Carmel.

Chinese magicans, dancers, jugglers, spectacular acrobats, clown and comedians will perform seemingly impossible feats of daring and balance, Kung Fu, and brilliantly costumed traditional dancing. The Cape Times wrote, "Even if you have to mortgage next month's budget, I would suggest that you not miss this splendid show."

Chinese magic and acrobats are more than a series of stunts. The precision and grace of the troupe suggests years of training and dicipline, but the art was formed by centuries of tradition. Most of the acts in this show were created and performed by the Chinese more than 2,000 years ago.

The Chinese Magic Circus has been traveling world wide for the past six years. It also appeared for three years in Las Vegas with Liberace, and presented it's own production at Madison Square Gardens in New York.

Tickets for the performance ase $8.75 and $10. For further information phone 624-3996.

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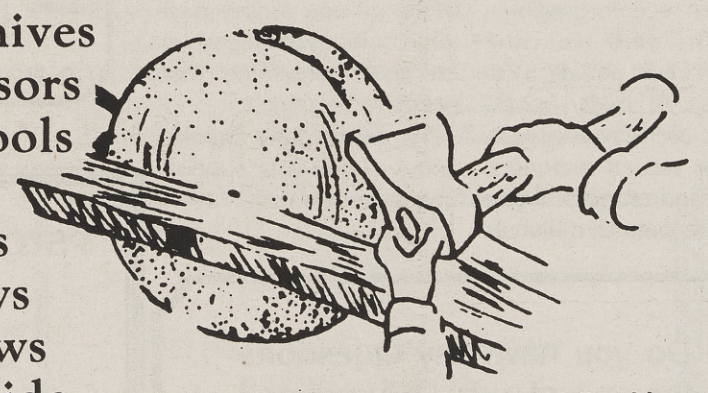

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CLUBS

Kiwanians Orville Rogers (1) and Dick Atwood (center) convinced Marv Smith (r) he could get a good deal at the Kiwanis Christmas tree lot. The Christmas tree lot is an annual fund raiser for the Kiwanis.

Kiwanis Tree Lot Successful

It proved a successful endeavor for the Carmel Valley Kiwanis to have christmas trees as a fund raiser again this year.

The Kiwanis tree lot, located at mid Valley, started out with 340 trees and was sold out when they closed on December 18.

"We made a little over $1000," reported Gary Tate, project chairman. The proceeds, along with funds raised on other projects, will be distributed to youth organizations throughout the community.

From their tree lot, the Kiwanis donated trees for all the Tularcitos classrooms. They also provided trees to the Community Center for Santa's Fly-In.

A drawing for five free turkeys was an added bonus for those buying Kiwanis trees. Lucky winners included Jack Arnold, Carol Covelle, Pete Garneau, Peg Henson, and Nancy Rohan. The turkeys were donated by Mid Valley Safeway.

This was the third year the Kiwanis sold Christmas trees.

Alice Johnson was as casual as the wardrobe she modeled during the Women's club fashion show.

Amy Allen was ready in the wings at the Woman's Club Fashion Show held December 1, at the Hacienda Carmel.

T'ai Chi Will Be On Women's Club Program

Carmel Valley Women's Club members will get a taste of Chinese discipline at their regular meeting scheduled January 5, 2 p.m., at Our Lady Of Mt. Carmel Church.

The program slated for the afternoon tea features Jean Graham, who will introduce the club to the ancient art of T'ai Chi. This balletic form of exercise has been practiced in China for over 1000 years.

Members may participate or just observe. "After holiday indulgence, it's time to shape up and let our tummys recover," said program Chairman Joy Overman.

Club member Lois Toole has promised to provide snacks that will be easily worked off by the AFternoon's exercises - all low carbohydrate and low fat.

There is no charge.

Special Thanks

The Valley is a combination of special People. One of those that deserves additional recognition is Dan Weiss.

We send thanks to Dan for most recently grading a smooth path for the Santa's Fly-In parade participants. A badly rutted section of the route threatened to disrupt marchers, trucks and animals. We're sure the parade marshals are especially thankful.

Dan, who is also a Valley Volunteer, has long been a community supporter. He has come to the aid of the Community Center and other groups in the past and coninues to help when he sees something that needs to be done.

To Dan, many thanks; and we hope your support continues.

Getting a hand from Ralph Morrow (r), Joy Overman leaves the stage to give the Women's Club members a Closer look at the sporty attire she modeled during the Women's Club fashion show.

Do you have any Questions for any of our Columnists? Send them in and they'll be passed along.

NEW YEAR'S CHEERS
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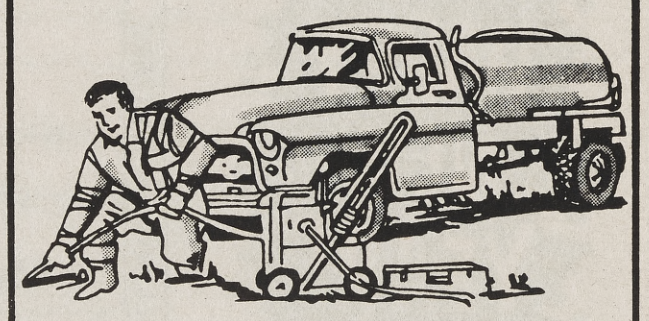

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FREE ENTERPRISE ...
by Grace Darcy

Jean Kaeser is the new owner of Condon Gardens, an oasis of greenery midst the glitter of shops at Mid-Valley. Jean bought the shop in October, and is so busy that she says "there's not enough of me to go around." Jean and husband, Karl, came to the Peninsula from Jacksonville, Florida. Karl is at the Naval Postgraduate School.

Jean plans to feature antiques at the shop, special, small antiques that will serve as interesting planters. She has some on order now from Pennsylvania and from England. Later, she plans to feature more in the fresh floral line. Presently, she sells fresh flowers "in buckets." Drop by and welcome Jean Kaeser to the Valley.

Whitney Taylor is the new manager of the Carmel Rancho branch of San Francisco Federal Savings and Loan Association. Now, he is at their Carmel Village Branch. He will replace Denise Wendel, who is leaving for Kentucky with her Army husband. Joan DeMers will take Taylor's place at the Carmel Village branch.

New shops are moving into The Crossroads almost daily. those who love to keep cozily warm during the winter season might find a visit to the Scandia Down Shop an interesting and "comforting" experience. They have down comforters, bedding accessories, and other warming items.

It's In The Bag is the interesting name of a delightful gift shop at 26366 Carmel Rancho Lane (Clocktower Building). Christmas Shoppers found this a great help because of the many unusual and attractive gifts featured for reasonable prices. It doesn't matter that Christmas is over ...it's Christmas every day at **It's In The Bag!**

Welcome the New Year with a gown purchased at the **Glass Butterfly** in The Barnyard. Designer clothes in both day and evening wear are bound to please the most discriminating buyer.

If you like leather an suede, be sure and welcome **Juaquina Amato** and **Leather Clothier** to The Crossroads. Ms. Amato brings much experience to her new shop, and formerly owned the Leather Loft in Aptos. The shop features leather wear, luggage, and handbags.

Katherine LaBelle kept visitors to The Barnyard intrigued with her window display at **The Tobacco Company** these past few weeks. The display featured several eerie "people" playing poker. It was a true conversation piece. The characters were, of course, using the tobacco products found in the Shop. LaBelle is an employee there, and is to be commended for her creativity.

Thanks to **Ben** and **Judy Goldman** of **Do Re Mi** in The Barnyard for filling the crisp air with msuic. The Goldmans have another shop in Carmel, but The Barnyard shop is a particular delight to Carmel Valley shoppers. **Ben** also guests on Radio Station KBOQ where he continues to bring good music to the public.

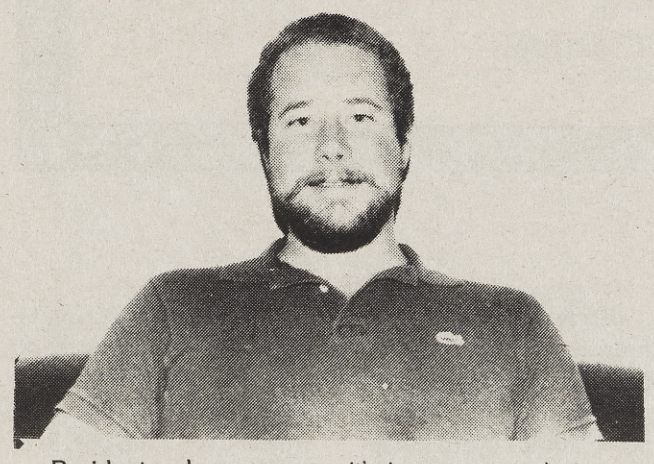
The **Carmel Valley Village Pizza** restaurant headed by genial **Dean Padgett** is helping busy shoppers with last minute dinner plans. Thier take out pizzas not only smell good, but taste superb. Drop by on your way home from the office and surprise the family.

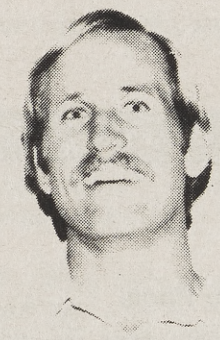
Raz Belleci will help you beautify your home with new carpeting. Call him at Wes Callahan's Western Floor Brokers...The **In and Outdoor Shop** at White Oak Plaza now offers Senior Citizens Discounts...After all that pie cutting and turkey carving, are your knives dull? Call **Grindstone Sharpening** (across from Carmel Valley Manor. **Larry Warcken** not only will sharpen your knives, but will make your scissors cut, sharpen your hand and garden tools, clipper blades, chain and circular saws, and whatever other tools require sharpening...As it gets colder, we need to feel warmer. Call **Bill Smith's Energy Shop** at **The Valley Hardware Company** in Mid-Valley boasts an assortment of fireplace accessories, heaters, wood burning stoves, inserts. Drop by and have a look at Bill's assortment of warmth producing merchandise...It smells so good when you go into **Joseph's Oak Deli & Bakery**! In addition to all sorts of home cooked goodies, sandwiches are made to order, and beverages include wine and beer. Have you tried their oatmeal cookies? Mmmm, good!

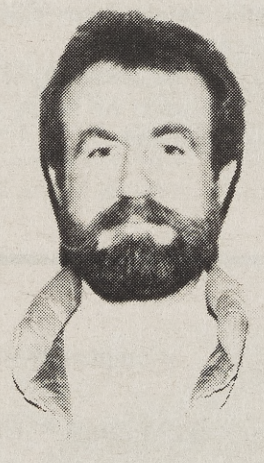
To all of the people who make Carmel Valley a very special place to bee...a very Happy and Prosperous New Year.

The Sun's Shining Personalities

Our introductions continue as we meet another three of the Carmel Valley Volunteer Fire Department.







Residents have commented on that sense of "community" that prevails in Carmel Valley. That same "sense" has led David Cummings to be a volunteer firefighter.

David who joined the Volunteers in 1976, said he enjoyed helping with community things and thinks it's important to do so.

In the business world David owns an interior design service. His company, the Lahaina Carmel Corp., sells furnishings, etc., to interior designers.

David says he is a Carmel Valley Native. Guess we should have asked if his wife Pamela is a native too.

Dave Chaney just completed his term as President of the Carmel Valley Volunteers.

Our past President is a teacher by trade and teaches Special Ed at Carmel High. He also coaches girls and boys tennis teams.

Dave said that being a volunteer is his way of paying dues back to the community which he enjoys being able to do. He's been a volunteer for the past four years.

Dave has lived in the Valley for nine years. He and his wife Kathy have a 2 year old girl named Lia.

Diversity summed up Tony De Sugny's comments about being involved with the Fire Department. "It's nice to be a part of something where we do all sorts of things," he said. He also said it was incredible to be involved with the variety of people who are Volunteers.

Tony has lived in the Valley eleven years and been with the department for two. He is a self employed Civil Engineer.

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Thoughts
by Illia Thompson

The Teachable Moment

My seven year old son and I found ouselves with unplanned time to spend together. Being aware of this gift, we decided to visit Fisherman's Wharf again. The experience was satisfying, much to the co-operation of the low-flying pelicans, hungry sea lions and the ever-present sea gulls. Also, a fishing boat chose to dock and the day's catch was cleaned, providing enthusiastic involvement from the local sea and shore life. Topping the walk off with a walkaway cocktail, we returned to the car and found that we still had some time for ourselves.

The Monterey Peninsula Museum of Art was displaying Navaho Weavings. Having spent some time with the Indian People, I decided to show my son their art. Maybe he would be impressed.

As a child growing up in New York City, I had been taken to museums at an early age. It was an educational experience, followed by the treat of lunch out or a movie. It took me many years to realize that the museum, of itself, was also the treat. I hoped to be sensitive to my son's own time limit and to let him be the guide.

We did see the rugs. He found them mildly interesting and noted that we had one like them at home. The process of creating dyes from natural substances also was "interesting." After five minutes, I knew tht he was not impressed. Not wanting this to become a negative experience, I was ready to leave, planning a return visit in a few years.

"What else is here?" he asked. So we went upstairs. For the first time, he truly appreciated art. I shared some of what I had been taught. He saw portraits whose eyes followed him across the room. He observed the differences between paintings and photographs. He saw moods, feelings, and technical abilities that were new to him. Importantly, he realized just as a play needs an audience, the museum needs its viewers. The feeling of interaction with inanimate objects was strong. Looking at the Monterey excavation artifacts, he had a sense of the past.

We went downstairs; he chose a seascape and a landscape postcard to bring home. I knew that something special had been kindled. As we left the museum, a special had been kindled. As we left the museum a dignified elderly couple entered. My son smiled at them and said, "You're really going to like it!" as though he were certain they had never been there before either.

The Skier's Dream— New Slopes

The onset of winter sets the avid snow skier twitching. They pull out their skis and ponder the slopes they'll be conquering.

Travel Consultant Carolyn Rose at Carmel Travel (Mid Valley), gave us some information in ski packages that might be pondered as well.

The best time for a ski trip is during lo season which begins after Christmas and goes til mid-February, said Rose. Hotel rates are usually lower and some hotels include life tickets in their packages. (Note: the rates quoted are per person and are subject to change.)

The "Creme de la Creme" of the trips she said, is a 7 night stay in Aspen. The $271 fee includes 6 days lift tickets and airport transfer. Airfare from Monterey is $384.

Rose said the **best deal** she ever found was at the Sheraton Hotel located on the slopes in Steamboat Springs, Colorado. During low season a room for 7 nights costs $572.89. It includes 6 days lift tickets and air fare. It has a special attraction for family members. Kids stay free and ski free, they pay only $288 for round trip air fare.

Specific Tours and KLM Air Lines are sponsoring European tours. The slopes of Innsbruck, Austria can be enjoyed for $995. The 9 day package includes air fare and 7 nights accomodations with a private bath. (Very important in Europe, said Rose.) The fee includes tip, tax, service charge, continental breakfast, dinner daily, one night stay in Amsterdam, and one day free car rental.

For those looking to ski closer to home, Reno and Tahoe have some opportunities. Incline Village has a reasonable rate for those driving up to Tahoe. A person can stay for 2 nights at the Hyatt. Extras in the package are $36 in food credits to be used at the hotel, twelve free cocktails, and bonus coupons for gambling. On weekends there is a $10 service charge added to the $49.50 fee.

Another good deal said Rose is for Reno. It offers 2 nights in a deluxe room at Harrah's. The hotel is forty-five minutes from the nearest ski slopes but shuttle buses are available. It is available Sunday through Thursday only, for $99. Rose said it's not a ski package but cheap transportation and cheap lodging.

To get closer to the Tahoe slopes, South Lake Tahoe has packages available ranging from $220 to over $400, depending on extras and locations.

If you're drooling over the possiblility of new slopes to explore, Rose said she would be happy to answer any other questions you might have.

POOL AND SPA REPAIR

By Locksin Thompson

Alternatives To Pools

A pool is beautiful but expensive to operate. It is also time consuming to maintain.

If you need to swim and I rang a chime with the first paragraph, here are some alternatives.

(1) **A swim lane:** These are anywhere from 30′ to 70′ and about 5′ to 8′ wide. The depths can vary. This much less water to maintain and heat. They take less room in the back yard and are available in a fine fiberglass "do-it-yourself" kit, gunite or all ceramic tile.

(2) **A pool/spa:** These have to be 15′ or over in length with two strong jets to swim against and (by the same pump) hydrotherapy jets at the other end. They are very economical to operate and are available in fiberglass, acrylic, gunite or all ceramic tile.

Both of these concepts are a fraction of the cost of a pool or pool operation. "Do-it-yourself" kits are available for both, but do it right!

The esthetics of a pool in a back yard can't be denied, but here is anothe way or two.

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Pat Quinn's Wildlife

By Pat Quinn, Director, George Whittell Wildlife Resuce Center. Monterey SPCA

EXTINCT: To die down or go out; no longer in existence; the act of destroying or being destroyed.

Extinct is forever.

When someone or something goes out of your life, That's all there is to it—except perhaps the memory you keep. And even memories fade in time.

Marine mammals—sea lions and seals—were very nearly driven to extinction in fairly modern times. Seal hunters, fishermen and bounty hunters decimated the once-great herds into small pockets of desperate animals struggling to survive. It was only recently that the federal government intervened and established laws governing the slaughter of these creatures.

There are approximately 31 known seal species, ranging in size from the little 5-foot ringed seal...to our own giant elephant seal which tips the scales up to 5 tons and can stretch out 20 feet from nose tip to tail. If you've visited Ano Nuevo you've undoubtedly seen these massive and fascinating creatures. It might shock you to know that they were almost made extinct in the early 1890's.

Elephant seals used to range all the way from Alaska down to Baja California. One of their last refuges was Guadalupe Island off Northern Baja. In 1892, scientists found the nine remaining seals on the island and took 7 of them for specimens. But thanks to work by the U.S. and Mexican governments, these fine animals were saved, and today they are rapidly coming back.

Our shy local Harbor Seal also had its number seriously reduced by bounty hunters and fishermen. A census taken by the California Department of Fish & Game in 1970 revealed only 1,675 animals living along the California coastline. During May, you can see harbor seals and their new-born pups cavorting on the offshore rocks around Monterey and Pacific Grove. These grey-mottled mammals play and romp thruogh the surf, and the flash of their long white whiskers can easily be seen from the shoreline.

The California sea lion and the Guadalupe Fur Seal were also hunted severely. In fact the fur seal was thought to be extinct until a small group was discovered in the 1950's. Again the federal government intervened to protect these marine mammals.

And now, according to several "scientists", the southern seal and sea lion populations have been rescued and have, in fact, increased to the point where they may have to "harvest" the herds again.

Researchers are saying that the comeback of our marine mammals has been a "spectacular conservation success story," but then they turn right around and say out of the other side of their mouths that they are now becoming a potential problem due to "overpopulation."

"Ocean experts" Charles F. Cooper, a marine biologist at San Diego State, and Brent S. Stewart of Hubb's Sea World Research, are saying that the public needs to change its attitude towards marine mannals. And "nothing in the biology of these species precludes sustained yield harvest for saleable products."

Cooper and Stewart are using fancied-up phrases for the more graphic words of killing for profit.

Personally I don't care to wear sealskin slippers, or in lighting my lantern with seal blubber. I also prefer not to give up my enlightened attitude towards wildlife, and to take a big step back to a heartless and primitive way of thinking about conservation. We've spent the last 50 years trying to save some marine mammal species from extinction, and I hope we didn't struggle all this time just to have people such as Mr. Cooper and Mr. Stewart come along and tell us we've had the wrong attitude all along.

I love to walk on the beach and watch a harbor seal play and tumble in the waves, and I prefer to think that these very appealing animals have a definite and permanent place in our local Monterey Bay ecology.

Cooper and Stewart say it's not too eary to think about thinning the deal and lion herds...but I think it's too late.

I don't want to go back to the ways that almost killed off the seals in the first place, because extinct is forever.

Break It Gently

Weatherman to radio announcer: "Better break it to them gently. Just say, "Partly cloudy with scattered showers followed by a hurricane."

You can find any number of interesting sights walking around Carmel Valley. These creepy crawlies are only harmless lady bugs clustered in one spot by the thousands. Haven't been able to find out why they cluster like that so if any of you have any ideas we're curious to find out why.

The Carmel Valley Gardener

by Dr. Ernie Marshall*

One of the truly enjoyable pastimes for the rainy days in Carmel Valley is to read through the seed catalogues, study the various qualities of the seed being offered and decide what vegetables or flowers you want to plant in your garden in the spring. there are many free seed catalogues which are available for the price of a postage stamp.

Interestingly enough, the seed catalogues often contain information on many things other than just seed. For example, the catalogues I received last year contained the following: A chart on where and when to plant; a list of garden and kitchen aids; pest control practices; how to build a water garden; and one even offered baby chicks for sale. All this information is available free. I am firmly convinced that if you write for all the free seed catalogues and study them intently, you will get more garden knowledge free than you would get from a years college course in the subject.

Now is the time to write for the catalogues so they will arrive in ample time for you to study them before spring. I order all of my seeds from seed catalogues because (1) they cost less then in local shops (2) they seeds are fresher as most small package seeds for local stores are packed from year old seeds that have been sold cut rate by the seed companies to reduce inventory (3) I can get them in one bulk shipment and not have to shop store to store to find the varieties I want and (4) it is much more convenient when planning your garden to order from the seed catalogues at the same time.

Although many seed companies offer their catalogues free, some do charge a slight fee, particularly specialty houses.

The following are some of the seed companies which offer free catalogues just for the asking, some of them offer both spring and fall catalogues.

BURPEE SEED CO., Warminster, PA 18991
General Purpose - flowers, vegetables, fruits, ornamentals, implements, pest control. Probably the best general purpose catalog.

GURNEY'S SEED AND NURSERY CO., Yankton, S.D. 57079
General Purpose - flowers, vegetables, fruits, ornamentals, planting chart. Good spring and fall catalogs.

JOSEPH HARRIS CO., INC., Moreton Farm, Rochester, N.Y. 14624
Vegetables, lfowers, implements, garden aids and lawn mixtures.

HENRY FIELD SEED AND NURSERY CO., Shenandoah, Iowa 51602
General Purpose - flowers, vegetables, fruits, ornamentals, implements, full of ideas. Spring and fall catalogs.

GEO. W. PARK SEED CO., INC., Greenwood, S.C. 29647
Vegetables, flowers, implements. Excellent catalog.

HASTINGS "SEEDSMAN TO THE SOUTH", 434 Marietta St., N.W., P.O. box 4274, Atlanta, GA 30302
General Purpose - flowers, vegetables, fruits, ornamentals, implements, Southern specialties. Interesting catalog. Many unique facets.

WYATT-CHARLES SEED CO., Box 2131, Raleigh, NC 27602
Flowers, vegetables, implements. Mid-south specialties.

INTER-STATE NURSERIES, Hamburgh, Iowa 51644
General Purpose - flowrs, vegetables, fruits, ornamentals. Midwest specialties - spring and fall catalogs.

HERBST BROTHERS SEEDSMEN, INC., 1000 N. Main St., Brewster, N.Y. 10509
Flowers, vegetables, tree and shrub **seed**, implements. Excellent section on fertilizers, tools, pots, etc.

STARK BRO'S. NURSERIES, Louisiana, Missouri 63353
Specializes in fruits and nuts. Offers some vegetables, ornamentals and implements.

NICHOLS GARDEN NURSERY, 1190 North Pacific Hwy., Albany, Oregon 97321
Outstanding catalog for herbs and rare seeds - gourmet vegetables, culinary herbs and spices, herbal teas.

Get out your pen, write to a few of the above and have fun planning your 1983 garden.

Happy New Year and Happy Gardening

WHERE THERE'S SMOKE . . .

BY: Fire Dept. Staff

'Twas The Night Before Christmas

'Twas the night before Christmas
when all through the house,
Not a creature was stirring,
not even a mouse

When down through the chimney,
all covered with soot,
Came the "Spirit of Fire",
the ugly galoot.

His eyes glowed like embers;
his features were stern,
As he looked all around
for something to burn.

What he saw made him grumble,
his anger grew higher,
For there wasn't a thing that would
start a good fire.

No doors had been blocked
by the big Christmas tree,
It stood in the corner
leaving passageways free.

The light that glowed brightly
for Betty and Tim
Had been hung with precaution
so none touched a limb.

All wiring was new,
not a break could be seen,
And wet sand at its base
kept the tree nice and green.

The tree had been trimmed
by a mother insistent
That the ornaments used
must be fire resistant.

And mother had known
the things to avoid,
Like cotton and paper
and plain celluloid.

Rock wood, metal icicles,
trinkets of glass,
Gave life to the tree;
it really had class.

And would you believe it,
right next to the tree,
Was a suitable box
for containing debris.

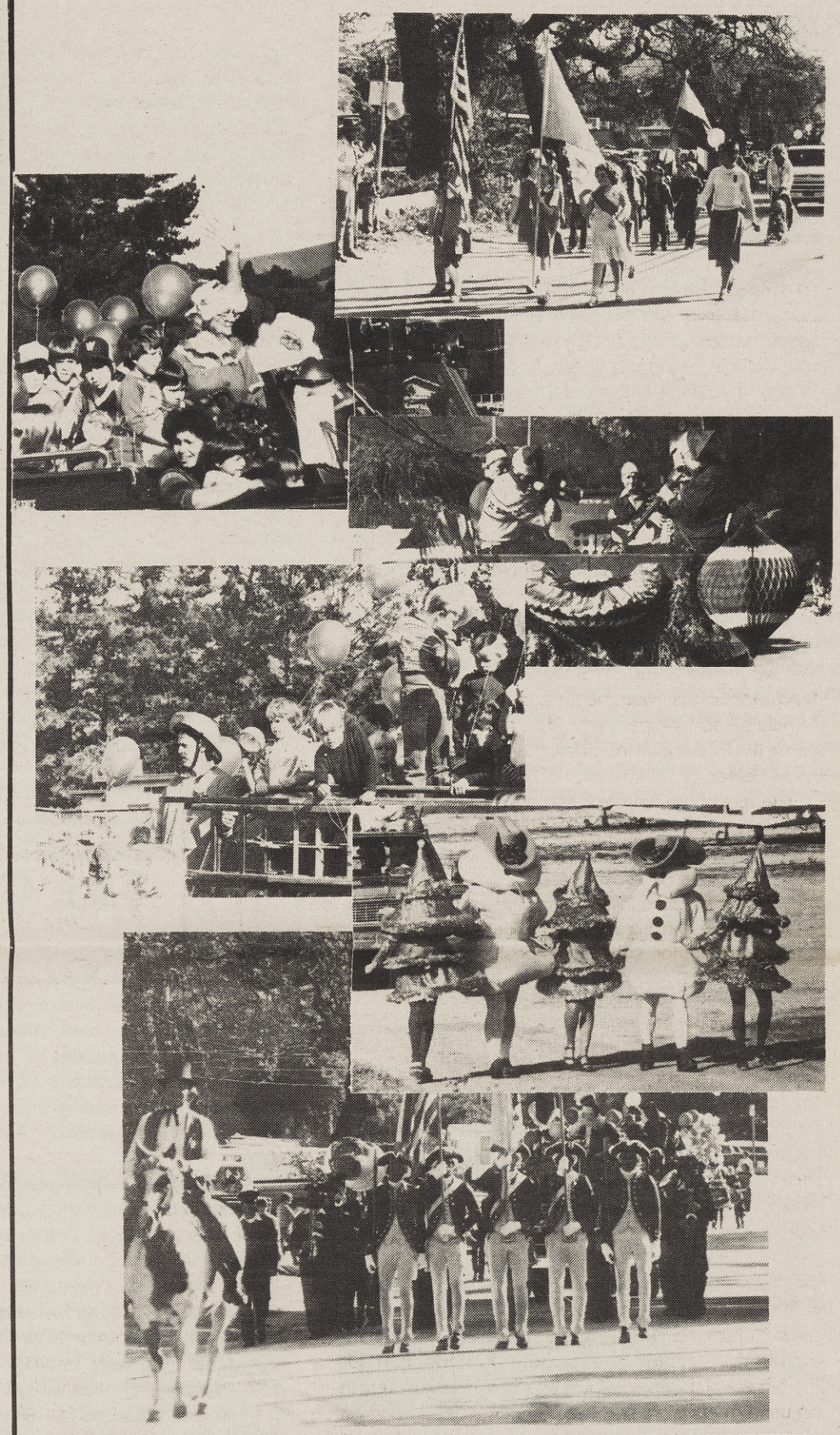
A place to throw wrappings
of paper and string
From all of the gifts
that old Santa might bring.

The ugly galoot
was so sad he could bust,
As he climbed up the chimney
in utter disgust.

For the folks in this home
had paid close attention
To all of the rules
of good Fire Prevention.

Reprinted from University of Maryland Fire Service Extension Bulletin 12/20/63

PARADE SCENES FROM SANTA'S FLY-IN



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The Feminine Principle ...

by Grace Darcy

Sexual bias is part and parcel of the English language. Over the centuries, many words that originally were designed to be non-sexual have taken on specific sexual connotations. For example, the word man is seen as meaning all humankind, but does it? No.

In their excellent work, **The Handbook of Nonsexist Writing**, Casey Miller and Kate Swift tell us that "The transformation of (the word) **man** over the past thousand years may be the most troublesome and significant change ever to overtake an English word." The authors note that, at one time, **man** was a synonym for human being. The word, however, has gradually narrowed in meaning so that today it has become a synonym for "adult male human being." If yu are a girl, you do not grow up to be a man. If you are a boy, you do. Thus, as we term it today, **man** no longer can be considered as including women, regardless of conservative insistance that such is the case.

Let us look at how we speak today, but first let us take a trip back into the seventh century. Then, according to Miller and Swift, the daughter of an English King was described in **The Anglo-Saxon Chronicle** as a "wonderful man." In Old English, man obviously meant person, not an adult male human being. In that day, there were separate words to describe each sex: **wer** meant an adult male, and **wif** meant an adult female. The combined forms of **waepman** and **wifman** meant adult male person and adult female person, respectively. Man, however, eventually became the word used in our language to designate an adult male person.

The use of the word **man** to encompass the female of the species has contributed greatly to the subspecies position in which women have found themselves over the past centuries. When women perceive themselves as not having the same status in the language as do men, there is a built-in sense of frustration and anger or reluctant acceptance of an inferior, subspecies position about which one can do nothing. Women have become second class citizens not only in fact, but in language as well.

The English language not only uses the word **man** as a noun, it is used as a verb as well, and again women are linguistically pushed into the background, One might "man an exhibit at a county fair" but is the person doing the "manning" necessarily male? Does the emergency room at the local hospital have to be "manned" only by men, or are there women there as well? We could use any number of words as alternatives to the offensive "manned" and these include, **work, operate, run, serve at/on**, etc. As a women, I do not believe I can "man" a booth. I can owrk at the booth, run the booth, oerate the booth, etc.

Males, in today's language, receive all of the credit for great human accomplishments, excluding almost totally the many contributions to society's betterment made by the female of the species. For example, many writers insist on using the word **man** when the sentence or paragraph clearly should have included women: "Muir knew that **man's** spirit can only survive in a land that is spacious and unpolluted...He felt that **man** should come as a visitor to these places...to learn, not to leave **his** mark." (Quoted from **The Handbook of Nonsexist Writing;** italics mine.) It would seem obvious from the above sentence that only adult male human beings have a spirit that can survive, etc.; that only adult male human beings should learn and not leave "his" mark. In such phraseology, women do not exist.

Man also has an exclusive right to such positions as insuranceman, policeman, fireman, chairman, spokesman, gentleman, layman, ad infinitum. The fact that women serve in the insurance industry, on police forces, in fire departments, as chairpersons, and as spokeswomen seems not to have made much difference in English vernacular. Women do, however, hold the gender suffix in such dubious words as scrubwomen, charwomen and washerwomen.

It is painfully obvious that female gender suffixes apply to those positions generally regarded as menial or subservient. Female names, as we know, were given to hurricanes, frightening storms that raise havoc and cause death and destruction. The female, then, becomes associated with these negative occurrences. It was only because of feminist pressure that the National Weather Service now uses male names as well as fmale names when a hurricane comes along. Has this concession helped? Back a few years, the **NOW National Times** reported that "after the early 'him-icane' jokes...wore off, most radio and television weather forecasters made 'Bob' a genderless 'it' in record time. It was nothing like the old days when hurricanes with female names were known to 'flirt with the Florida coast,' were 'perfectly formed,' had tempers that 'teased and threatened.' " So you see, the use of male names may have helped, but in truth, the old bias remains, at least with the media.

Perhaps men call women "girls" because they cannot deal with adult human beings of the female gender. In this writer's opinion, there are few more denigrating terms than "girls" or "gals," either singular or plural. Girls are female children. Boys are male children. Gal is girl in desguise, perhaps a weak attempt to make the name more palatable to women. It doesn't work. To call grown women "girls," no matter how innocently intended, is insulting. Picture, if you will, the reaction of the male species if a woman were to call a group of men, "Hello, boys!" Male bosses are chronically guilty of calling their secretaries, all of whom are adults, by this title, and often this reference is deliberately pejorative: "I'll have my girl run off an extra copy of that letter," or "May girl will get you another cup of coffee." Is his daughter, niece, granddaughter going to get the cup of coffee or copy the letter? Of course not. He could better have said, "Ms. Jones will run off an extra copy for you," and he could have gotten the coffee himself!

If I am a person who performs on the stage, on TV, or in the movies, I am an actor. Insanity differentiates between the female and the male by using actor only for the male performer, but actress for the female. This ludicrous and totally unnecessary custom is amplified in such gender specific words as executor/executrix; aviator/aviatrix, administrator/administratrix. Not only are these "trix" endings tongue twisters, they are affectations that serve no purpose other than to distinguish—and perhaps compare—the male and the female.

The suffix "ette" is, in essence, a diminuative in that it means something smaller than its rpefix, i.e., farm/farmette; kitchen/kitchenette. It would seem then, a Jayceeette is something less than a Jaycee, much in the same sense as the ladies auxiliary of any male group is less than the men comprising the group.

There are so many instances of sexual bias in the language that it would take a book to cover them all...and there **is** a book that does: **The Handbook of Nonsexist Writing**, by Casey Miller and Kate Swift, Lippincott & Crowell, New York City, 1980. Buy it and try to incorporate non-sexist language in your speech, in your writing.

Before we leave the subject, my I express my own personal distaste for the custom of women taking men's names when a marriage takes place. Oh, many say, it's tradition! So what? How big a tradition can it be when it was in the late 18th century that the social title **Miss** started to be applied to single women. Before that time, it had been used to address female children just as **Master** was and is used to address male children. Now, women who marry generally are expected to use Mrs. (an abbreviation for Mistress) with the husband's first and last name. This is particularly distressing because it once was the custom for slaves to take the names of their masters—can it be that the female in a marriage subtly is perceived as her husband's slave? After all, he keeps his name, and with great largess deprives her of her name under the guise of "giving her my name." Mrs. Bill Jones does not talk like Bill, look like Bill, act like Bill. Why, pray tell, is she then called by his name?

Start the New Year right by giving what yu can to support the domestic violence program of the YWCA of the Monterey Peninsula. **Susan Silver** can provide details. Call her at 649-0834...**Cathy Cloud**, owner and operator of Cloud Leasing, Carmel, will be the guest speaker at the Professional Women's Network luncheon meeting on January 11, 1983. Cathy knows lots about leasing/buying automobiles, so if there is a car in your 1983 future, be sure and attend this meeting at noon at The Crossroads Community Room...Attorney **Gladys Coy** holding forth as head of the Senior Legal Project helps seniors with many problems, and tries to offset rising costs that are so detrimental to older Americans...**Meigra Mixter** and husband Jason will hold a massage workshop for couples on January 9, 1983...call Meigra for details, 659-5108. **Judy Caswell's** JCS Word Processing is growing by leaps and bound...**Jeanelle Kaminske** has faith in real estate and offers to make **you** a real estate investor if you'll give her a call. **Susan Bloch-Farrington,** who recently sold the Carmel Valley Natural Foods store to **Wendy Jones** will hold a Women's Success Team Seminar on February 12 and 13. Good luck to Susan in her new enterprise. Having a party? Need a caterer? Call **Diane Pendleton Steinberg.** Her Portable Gourmet is helping party-givers throughout the Peninsula.

May your New Year be blesses...

CARMEL VALLEY NATURAL FOOD NEWS

Happy New Year Everyone!

Wishing you and yours the very best in 1983.

We've again asked Blair to answer some questions for us.

Question: I love the holidays but am feeling pressured and tired. Is there a supplement that will help me?

Answer: B-1 or Thiame, seems to be a newvous system equalizer—cheering the depressed, energizing the fatigued, calming the hyperactive, good for morale and in helping to control emotions. A B-1 deficiency lowers thyroid function, causes loss of appetite, is seen in digestive disturbances, and can cause an increase in pain and noise sensitivity. B-1 Minimum requirements for is 2 mg per day, but up to 10 mg per day for a while may be necessary to correct a deficiency. Increased amounts of B-1 are needed to counteract the effects of alcohol, anemia, constipation or diarrhea, nausea, stress, and rapid heart beat.

Question: What is the difference between liquid and granular lecithin?

Answer: Lecithin is a fatlike substance found in all living cells. It is a combination of nutrients that helps digest fat more easily. Lecithin prevents fats from building up in the walls of arteries and lowers the concentration of Cholesterol in the blood. Lecithin supplements are obtained commercially from soybeans. You can buy Lecithin in liquid, capsule, or granular form. About one-third of the liquid form is soybean oil and the rest is lecithin. Another way of ingesting the liquid is in capsule form.

Lecithin granules are a concentrated form without the oil and calories. In fact one tablespoon of lecithin granules equals about 10 of the 1200 mg Lecithin capsules.

Enjoy a New Year's Day Bruch:

- Fresh squeezed orange juice
- Coffee cake with Date Meringue Filling
- Frittata
- Fresh Fuit Garnish
- Mandarin Orange Spice Tea

Brought to you by Mollie Katzen's "The Enchanted Broccoli Forest"

Ask us about our locally caught Albacore and the various way to preparation.

Yeasted Coffeecakes

Total preparation time: 3½ to 4 hours Yield: 2 9-inch rings

Basic Dough

2 pkg. (2 tbs.) active dry yeast
2 Tbs. wrist-temperature water
6 Tbs. melted butter (cool after melting)
1 tsp. salt
¼ cup honey
2 large eggs
1 cup firm yogurt
About 5 cups flour (recommended 1 cup whole wheat, the rest, unbleached white)

Sprinkle the yeast into the water in a large bowl. Let it stand 5 minutes.

Using a large wire whisk, beat in the next 5 ingredients until very well-blended.

Add the flour, one cup at a time. Mix with a wooden spoon, then by hand. Knead it in the bowl for about 5 minutes, or until well-blended and smooth. (Add small amounts of extra flour if it is extremely sticky. It will be a little moister than a typical bread dough, though.)

Cover with a damp towel, and let rise in a warm place until doubled in bulk. (1 hour).

While dough is rising, prepare the filling.

Date Meringue Filling

4 egg whites (Save the yolks; they can be brushed on a glaze before the cake goes into the oven.)
½ cup sifted confectioner's sugar
1 cup chopped pitted dates
1 cup chapped walnuts
1 tsp orange rind

Let egg whites come to room temperature. Beat them until stiff, gradually sprinkling in the confectioner's sugar. Separate the dates if they are all sticking together, and gently fold them, a few at a time, into the beaten whites. Gently stir in the walnuts and orange rind.

Frittata

35 minutes to prepare 4 servings Preheat oven to 350°

2 Tbs. olive oil
2 Tbs. melted butter
1 small onion, minced
1 small clove garlic, minced
½ tsp. salt
½ tsp. each: basil, oregano
freshly-ground black pepper
¼ tsp. each: thyme, rosemary
5-6 mushrooms, sliced
1 small (5") zucchini, sliced
1 small bunch of spinach, chopped
1 small bell pepper
5 large eggs, well beaten
a few slices of mozzarella
grated parmesan

In a 9- or 10-inch cast-iron skillet, cook the onion and garlic with salt and herbs in combined olive oil and butter, 5-8 minutes. Add remaining vegetables, and cook quickly over medium-high heat until the vegetables are tender (8-10 minutes).

Turn the heat way up, wait just a minute (to be sure it's good and hot), and pour in the beaten eggs. Cook on the stove-top for several minutes, lifting the edges, and letting the uncooked egg flow underneath the cooked egg (as you would for an omelette). Turn the heat back to medium as you do this.

As soon as the egg appears set, place a few pieces of mozzarella here and there on it's top surface, and sprinkle with parmesan. Place it in the oven for 12-15 minutes (until it is firm, and the cheese is melted and about to brown). Remove and serve in wedges - hot or room temperature.

Note: Cold frittata wedges make wonderful sandwich fillings (with fresh spinach and home-made mayonnaise.)

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- Tired of traditional churches?
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Community Christian Church
Carmel Valley Community Center
Sunday, 10:30 a.m.
Archie Miller, Minister 372-9396

Mike Rohan's

CARMEL VALLEY TEXACO

TEXACO

CREATIVE CORNER

Grammie's Day

by A " 'pecial" Grammie

On a recent fall evening, with just the right soft breeze and a pink into golden sunset, my granddaughter and I were taking a walk. This is a marvelous venture made very " 'pecial" by all the wonders a 3 year old can discover.

As we passed our neighbors house she waved and called, asking my granddaughter if she would like to stop and visit awhile (an invitation usually acepted with haste and joy!). Very quickly, my tiny charge said, "Oh no, my can't right now. My taking a walk with my Gramie" Such pride in that little voice as she answered. It truly surprised me.

I watched her run on ahead through tears of great joy, and gratitude! How blessed can I be?!! She returned with a treasure to share. I knealed to admire it and got a " ' pecial" hug. I felt wonderful, big, tall, very important, and oh so happy to share this moment!

It's sure grand to be a " 'pecial" somebodies Grammie!

As she put her small precious hand in mine to continue our walk, a startling revelation seemed to come to me. It was so simple I wondered why I didn't think of it before. God must really be...a Grandmother. Of course! Other grandmothers must know this, why do they keep it a secret? Grandmothering is a great responsibility and such an opportunity to teach, learn, care, share, love, and grow!

New York Times CROSSWORD PUZZLE

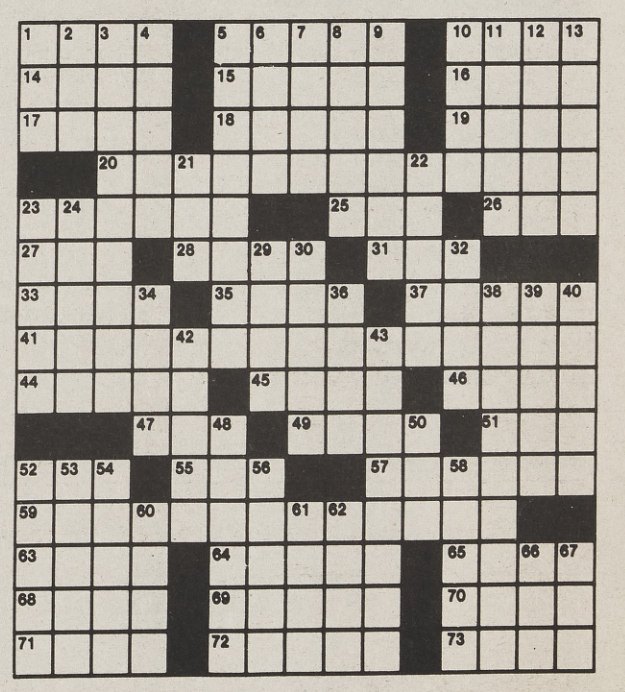
Edited by EUGENE T. MALESKA

ACROSS

1 Score
5 Booze
10 Goblet part
14 Offensive
15 Stan's partner
16 Prefix with demisemi-quaver
17 Long-snouted wild animal
18 Leave off
19 Flower-stalk angle
20 Big shot
23 What spats engird
25 Perched
26 He wrote "The Wall Street Gang"
27 Touch lightly
28 African tree
31 The'—— (rock group)
33 Tops of suits
35 Minsk miss
37 Beginning
41 Big shot
44 Macabre
45 Midshipman's mess
46 Remarkable: Slang
47 Explosive substance
49 Envelop
51 Wernher—— Braun
52 —— of Azov
55 Final resting pl. of Forms 1040
57 Log
59 Big shot
63 Brutish creature
64 Spiced dish of wild fowl
65 Seal's flipper, e.g.
68 Muscle
69 Genealogical charts
70 "What's—— for me?"
71 An Anna of filmdom
72 Exhausted
73 Nanook's nest

DOWN

1 Nickname
2 Conceit
3 Ursus americanus
4 Austrian province
5 Uncle's place
6 Spread
7 Patron saint of Norway
8 Ancient Roman chests
9 Guffaw
10 Josh Billings's real name
11 Native of Jim Hogg County
12 Zola
13 —— Way
21 These, in Bar-le-Duc
22 Frome
23 Saw
24 Mother-of-pearl
29 Media's neighbor
30 Former Veep
32 Automotive pioneer
34 Tizzy
36 Open a bit
38 Pest's activity
39 Mood
40 Reform
42 Twilled cloth
43 Panic-button pusher
48 Cartels
50 Little, to Henri
52 Photos
53 Kind of ball
54 Coincide
56 Steep cliff
58 Half of DIV
60 Shaped with a cutting tool
61 "Fish Magic" painter
62 Word of approval
66 Fraction of an inch
67 Heat meas.



Want To Get Involved

Alliance on Aging
Support and Education for Senior Citizens
Every Friday, 11:20 a.m.
Masonic Temple
Pacific Grove

•

Carmel Rancho Lions Club
Service organization
First and Third Wed., 8 a.m.
Crossroads Community Room

•

Carmel River Watch
River management and restoration
Jan. 6 , 7:30 p.m.
Baptist Church
Schulte and Carmel Valley Rds.

•

C.V. Chamber of Commerce
Service organization for business
general meetings vary
call 659-4000 or 625-1200
for meeting dates, place and time.

•

C.V. Community Chapel
Sunday Service 11 a.m.
Sunday School & Nursery available
Village Dr. & Paso Hondo
Bible Studies
Thurs., 10 a.m. .m.
15 Flight Rd.

•

C.V. Community Board of Directors
Service organization
Jan. 5 7:30 p.m.
Activity house

•

C.V. Garden Club
Service organization
Jan. 13 , 8 p.m.
Hidden Valley Music Seminars

•

C.V. Kiwanis
Service organization
Tuesdays, 12 noon
Hidden Valley Music Seminars

•

C.V. Native Plant Society
Third Tues., 7:30 p.m.
Carmel High School

C.V.P.O.A.
Representing property owners in planning and development matters.
Second Wed., 7:30 p.m.
Mid Valley Fire Station

•

C.V. Womens Club
Service organization
First Wed., 12 noon
meeting place varies.

•

C.V. Village Improvement Committee
Professionals concerned with Village beautification and security.
Second Friday, 12 noon
Los Laureles Lodge
No host luncheons

•

Friends of C.V. Library
Service organization
First Tuesday of Month 7:30 p.m.
At the library

•

Community Christian Church
Sunday, 10:30 a.m.
Carmel Valley Community Center

•

County Board of Supervisors
Tuesdays, 10 a.m.
Supervisors Chambers, Salinas

•

National Organization for Women
Third Thursday, 7:00 p.m.
Monterey Library

•

Professional Women's Network
Service organization
Jan. 21 7 p.m.
Chapman Room
Sunset Center

•

Tularcitos Parents Club
Service organization
Third Thursday of month, 7:30 p.m.
Tularcitos School Room 9

ANSWER TO PUZZLE

D	E	B	T		H	O	O	C	H		S	T	E	M
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